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- Warm up 5-10 minutes before starting weight training; ie. walking, rowing.
- Perform exercises at least 2-3 times per week, per muscle group.
- Improvement will only result after overloading a muscle in a progressive manner.
- Exercise the large muscle groups first and work out to the extremities.
- Exhale during the main portion of the exercise; inhale during the release.
- Accentuate the lowering portion of each repetition (+2 contract, -4 extend).
- Eliminate unnecessary movements - do not overstress the back.
- Muscle fibers need 48-72 hours to rebuild. Always allow at least 1 day of rest between strength training of the same muscle group.
- When muscles on one side of the joint are trained, then the muscle group that is opposite should also be exercised (agonist/antagonist muscles).
- Stretching after a muscular exercise program will decrease muscle soreness.

[illegible]